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AMERICAN DAINTIES



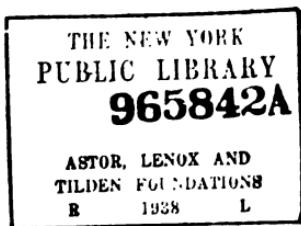
AND
HOW TO PREPARE THEM.

BY
AN AMERICAN LADY.

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PREFACE.

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In these days of increasingly rapid transit, when American sweet potatoes, golden pumpkins, and rosy cranberries are becoming quite familiar sights in the London market, perhaps a few recipes for the preparation of these and of other American specialties may be found useful. The Atlantic greyhounds now bring Californian peaches to England in first-rate condition, so in the near future we may hope to see the luscious, pink-hearted water melon, and the succulent sweet corn, making their welcome appearance among our present rather meagre list of vegetables and fruits.

Of course we have not—even in tins—all the ingredients—fish, fruits, vegetables and grains—which enter into an American bill of fare. It would be useless, for instance, to give directions for cooking terrapin, soft shell crabs, or canvas back ducks, when they are absolutely un procurable; but there are many dishes which are much appreciated by the British traveller under the Stars and Stripes, and directions for making many of these will be found in the following pages.

All the recipes given are for simple, every-day dishes, some of them very homely, and none of them aspiring to the regions of “high-class” cookery, or French “chefdom,” which is—in varying degrees of excellence

—the same the world over, but many of them we make a pleasant change on English tables, and if they once appear, it will not be “on this occasion only”

The skill of the American cook in cake-making is too well known to need remark, and the portion of little book devoted to cakes will be found specially complete, and to contain directions for the making of many dainty and novel American kinds.

It is the custom of Trans-Atlantic cooks to proportion their ingredients in *cups* and *spoons*, rather than to weigh them; consequently that method has been adopted in the following recipes. It is not so uncertain as might at first sight appear, for a graduated tin with the divisions plainly marked is usually employed. Where one of these is not procurable the cup should hold half a pint. If it is preferred to weigh the different ingredients this may be easily done by consulting the following table:

Table of Weights and Measures.

Four cups of flour weigh one pound.

Two cups of sugar weigh one pound.

Two cups of butter weigh one pound.

A piece of butter the size of an egg weighs one ounce.

A tablespoonful of butter weighs one ounce.

AMERICAN DAINTIES.

PART I.

SOUPS.

Bisque of Lobster. (1.)

Two medium-sized lobsters.
One quart of milk.
One tablespoonful of butter.
Two tablespoonfuls of flour.
One teaspoonful of salt, the same of pepper.
One quarter of a teaspoonful of cayenne.
One pint of water.

Cut the tender pieces of lobster into quarter-inch dice ; put the rough meat and the bones of the body into a pint of cold water ; boil twenty minutes, adding water as it boils away. Put the coral on paper and dry it in the oven. Boil the milk and thicken it with the flour and butter rubbed together, after which boil for ten minutes. Strain the water from the bones, and add to the milk with the salt and pepper. Rub the dry coral through a strainer and use enough to give the soup a bright pink colour ; pour over the lobster dice in a tureen, and serve.



Cream of Celery Soup. (2.)

One head of celery.
One quart of milk.
One tablespoonful of flour.
One tablespoonful of butter.
A slice of onion.
A bit of mace.
Salt and white pepper.

Boil the celery for thirty minutes or until it is tender ; boil the mace, onion, and milk together, and when boiling add the flour rubbed smooth in a little cold milk ; cook for ten minutes. Mash the celery in the water in which it has been cooked and stir into the boiling milk. Add the butter and seasoning. Strain and serve immediately.

Chicken Soup. (3.)

One large fowl or two small ones.
Half a pound of ham.
Three quarts of water.
One pint of milk.
One tablespoonful of flour.
Breadcrumbs, white pepper, salt and parsley.
Four eggs (yolks only, hard boiled).

Cut the fowls into pieces as for fricassee. Put these with the ham into the pot with a quart of water, or enough to cover them fairly. Stew for an hour, if the fowls are tender ; if tough, until you can easily cut into the breast.

Take out the breasts, leaving the rest of the meat in the pot, and add the remainder of the water, boiling hot. Keep the soup simmering while you chop up the white meat you have selected. Rub the yolks of

the hard boiled eggs smooth with a wooden spoon, moistening to a paste with a little of the soup. Mix with these a handful of fine breadcrumbs and the chopped meat, and make it into small balls.

When the soup has boiled, in all, two hours and a half, if the chicken be reduced to shreds, strain out the meat and bones. Season with salt and white pepper and a little chopped parsley. Drop in the prepared forcemeat balls, and after boiling ten minutes to incorporate the ingredients well, add, a little at a time, a pint of milk thickened with the flour. Boil up once and serve.

An old fowl too tough for other purposes answers well for this soup.

Clam Soup. (4.)

Twenty-five clams (fresh or tinned).

One quart of milk.

Three potatoes.

Two tablespoonfuls of butter.

Two tablespoonfuls of flour.

Salt and pepper.

Pare and chop the potatoes, and put them on to boil with the milk in a double saucepan. Rub the butter and flour smoothly together, and when the milk and potatoes have been boiling for fifteen minutes stir them in, and boil for eight minutes longer. Add the pepper and salt and last of all the clams. Boil three minutes longer, and serve.

Fish Chowder. (5.)

One and a half pounds of codfish (or other thick white fish).

A quarter of a pound of pickled pork.

One pint of milk.
Six potatoes (peeled).
Twelve milk or water biscuits.
Flour, pepper and salt.

Slice the pickled pork, and place it in the bottom a large saucepan ; fry it until all the fat is extracted remove the pieces of pork, and put in a layer of slice potatoes. Pepper and salt them, and dredge well with flour ; then add a layer of the cod-fish, which should be cut in thin steaks, and freed from bone as much as possible ; season and dredge with flour, then add another layer of potatoes, and so on until all is in. Pour on boiling water sufficient to cover the fish ; cover closely and boil for forty-five minutes or until the fish is cooked. A few minutes before serving add the pint of milk, and the biscuits, which should be previously dipped in cold water to soften them.

Mock Bisque. (6.)

One quart tin of tomatoes.
Three pints of milk.
One tablespoonful of flour.
One tablespoonful of butter.
One small teaspoonful of carbonate of soda.
Pepper and salt.

Stew the tomatoes until the pulp is tender. Put on the milk in a double saucepan to boil, reserving first sufficient to mix the flour to a smooth paste, which add to the boiling milk, and cook for ten minutes. To the tomato add the soda ; stir well, and rub through a strainer. Add the butter, salt, and pepper to the milk, and then the tomato. Serve at once.

Tomato Soup. (7.)

Two pounds of fresh tomatoes or one tin.
One pint of hot water.
Two tablespoonfuls of flour.
One tablespoonful of butter.
One teaspoonful of salt.
One teaspoonful of sugar.

Let the tomatoes and water come to a boil. Rub the flour, butter, and a tablespoonful of the tomato together. Stir into the boiling mixture, add the seasoning, boil all together for fifteen minutes, rub through a sieve, and serve with diamond-shaped slices of bread fried to a delicate golden colour.

Oyster Soup, No. I. (8.)

Three dozen oysters.
One quart of milk.
One tablespoonful of flour.
A piece of butter the size of an egg.
Pepper and salt.

Scald the oyster liquor and remove the scum which rises. Add it to the milk in an enamelled saucepan, and bring it to boiling-point; add the flour rubbed smooth in a little water. Season with salt and pepper. Last of all add the oysters; boil three minutes.

Place the butter at the bottom of the hot tureen, and pour the soup upon it. Serve at once.

Oyster Soup, No. II. (9.)

One quart of milk.
Three dozen oysters.

One head of celery.
One small onion.
Half a cupful of butter.
Half a cupful of powdered cream crackers*
One teaspoonful of Worcester sauce.
A pinch of cayenne pepper.
Salt and pepper.

Chop the onion and celery fine. Put one cupful of flour with the milk for twenty minutes, strain, and add to the oysters. Add the butter, cracker, oyster liquor (which must be previously boiled for a few minutes and skimmed), the cream crackers, the Worcester sauce, the cayenne pepper, and the salt and pepper. Cook for five minutes longer and serve.

* The "cream crackers" mentioned in Recipes 9, 19, 33, and 62 are not the same as the biscuit manufacturers, and may be bought at all American cookery, unsweetened biscuit crumbs are much used for cooking purposes, and are known as "cracker crumbs." If dry bread crumbs may be used instead.

PART II.

FISH.

Fried Oysters. (10.)

Three dozen oysters.

Two eggs.

Two ounces of butter.

Browned breadcrumbs.

Pepper and salt.

Choose large oysters. Remove them from their liquor ; dip each one in beaten egg and then in stale or browned breadcrumbs, which have been passed through a sieve. Put the butter in a frying pan and when it is very hot, drop the oysters in and fry till brown ; season with pepper and salt. Drain them on paper till all are done. Garnish with lemon.

This is a favourite breakfast dish.

Scalloped Oysters. (11.)

Three or four dozen oysters.

One ounce of butter.

Breadcrumbs.

Pepper and salt.

Butter a pie-dish. Have ready some fine breadcrumbs and three or four dozen oysters. Put a layer of the crumbs on the bottom of the dish. Season them well with pepper, salt, and sprinkle with small

pieces of butter ; then add a layer of the oysters also seasoned, and then a layer of the breadcrumbs, and so on until all the oysters are used, the last layer being of the crumbs. Moisten with a little of the oyster liquor. Dot with little bits of butter. Bake for half an hour and serve in the dish in which it is baked.

Stewed Oysters. (12.)

Two dozen oysters.

One cup of milk.

One cup of hot water.

Two tablespoonfuls of butter.

Pepper and salt.

Drain the liquor from the oysters ; mix with it a small teacupful of hot water, add a little salt and pepper, and set over the fire in a saucepan. When it comes to the boil, take off the scum and add a cupful of milk. Let it boil up once, then put in the oysters and allow to boil for three minutes longer. Add the butter, and when this is melted, take from the fire and serve at once.

Oyster Omelette Soufflé. (13.)

Twelve oysters.

Four eggs.

Four tablespoonfuls of milk.

One tablespoonful of butter.

Pepper and salt.

Beat the whites of the eggs separately to a stiff froth ; they must be stiff enough to stand alone. Stir in lightly the yolks, which have been beaten with the milk and seasoning. Cut the oysters into small pieces, add them to the mixture and pour the whole into the

omelette pan, in which you have already melted the butter. The pan must be very hot when you pour the mixture in, and you must cook it for several minutes without stirring, only slipping a knife round the edges to make sure it is not burning. When the centre is set place the pan in the oven long enough to stiffen, but not brown, the top. Then fold and serve quickly.

Fricassee of Oysters. (14.)

Two dozen oysters.
Two eggs (yolks only).
Butter the size of an egg.
One tablespoonful of flour.
Cayenne pepper and salt.
Lemon-juice.
Nutmeg.

Put the oysters on the fire in their liquor. The moment they come to a boil, separate the oysters from the liquor by draining them through a colander. Put the butter in the saucepan, and when it bubbles up, sprinkle in a tablespoonful of sifted flour; let it cook for a minute without taking colour, stirring well with a wire egg whisk, then add the oyster liquor. Take it from the fire and mix in the yolks of the eggs, a little salt, a pinch of cayenne pepper, one teaspoonful of lemon-juice, and a little grated nutmeg; beat it well; return to the fire and heat, but do not allow it to boil. Last of all add the oysters.

Oyster Fritters. (15.)

Two dozen oysters.
One cup of milk.
Three eggs.

Flour enough to make a batter.
Salt.

Drain the liquor from the oysters, and to of this add the same quantity of milk. beaten eggs, half a saltspoonful of salt, and flour to make a batter. The oysters may be or fried whole. Stir them into the batter ready some boiling lard deep enough to fry. Drop in the mixture a tablespoonful at a time, fry to a delicate brown. Drain on blotters before the fire until all are done. Serve very

Pickled Oysters. (16.)

One hundred oysters.
Half a pint of white vinegar.
Some black peppers, and two or three grains of mace.

Boil the liquor of the oysters. Pour it over them, allow them to stand a few minutes, then take out and boil the liquor again with half a pint vinegar, a few black peppers, and two or three grains of mace. When this is cold pour it over the oysters and cover them closely.

Broiled Lobster. (17.)

One large or two small lobsters.
One tablespoonful of melted butter.
Flour.
Pepper and salt.

Split the meat of the body and claws of the lobsters. Cover with melted butter, and dredge with flour. Season with pepper and salt. Broil over a fire until a delicate brown, or if preferred fry

little butter, having the frying pan hot before putting in the lobster.

Baked Lobster in the Shell. (18.)

Two small lobsters.
Half a pint of milk.
Butter the size of an egg.
One small onion, chopped fine.
Three tablespoonfuls of flour.
One egg.
Salt and cayenne pepper.

Chop the meat of the lobsters into small pieces. Boil the milk, butter, onion, and flour, rubbed smoothly all together. Remove from the fire and add the well-beaten egg and seasoning. Put the chopped lobster into the little dishes or shells in which it is going to be served ; pour the dressing over it ; sprinkle with breadcrumbs and bake for fifteen minutes.

Lobster Croquettes. (19.)

A lobster.
Two tablespoonfuls of melted butter.
One egg.
Breadcrumbs or cream cracker crumbs. (See No. 9.)
Pepper and salt.
Mace.
Boiling lard.

To the meat of a well-boiled lobster chopped fine, add pepper, salt, and a little mace. Mix with this one quarter as much breadcrumbs, and two tablespoonfuls of melted butter. Form into small round cakes ; roll these in beaten egg, and then in finely-powdered cream cracker crumbs, or in stale breadcrumbs. Fry in sufficient boiling lard to float them,

or if preferred, in a little butter. Serve hot, garnished with parsley.

To Boil Salt Codfish. (20.)

Salt codfish.

Warm water.

Soak the fish for at least twelve hours in lukewarm water, changing the water once or twice. Next morning, or when sufficiently fresh, take it out and put in a saucepan with sufficient warm water to cover it. Simmer slowly for at least an hour. Then drain it, and it is ready to use for several most appetising and easily prepared dishes, among the best of which are codfish balls.

Salt Codfish Balls. (21.)

One pound of codfish.

Two pounds of cold boiled potatoes.

One tablespoonful of melted butter.

One egg.

Flour.

Boiling lard.

Shred finely one pound of the codfish, from which you have carefully removed all skin and bone. Chop double the quantity of cold boiled potatoes. Mix them with the fish; add a tablespoonful of melted butter and a well-beaten egg. Mould into round flat cakes, flour lightly, and fry till brown in boiling lard.

These form an appetising breakfast dish, or they are suitable for Lenten dinners and luncheons.

Salt-Fish Soufflé. (22.)

One pint of finely shredded boiled salt codfish.
Eight potatoes.

Three quarters of a cup of milk.

Four eggs.

Two tablespoonfuls of butter.

Salt and pepper.

Peel the potatoes and boil thirty minutes. Drain the water from them and mash very fine ; then mix thoroughly with the fish. Add the butter, seasoning, and hot milk. Have two of the eggs well beaten, stir them into the mixture, and put in the dish in which it is to be served. Place in the oven for ten minutes. Beat the whites of the two remaining eggs to a stiff froth, and add a quarter of a teaspoonful of salt ; then add the yolks ; spread this over the dish of fish. Return to the oven until brown, and serve at once.

Picked-up Codfish. (23.)

One cupful of shredded salt codfish.

One cupful of hot milk or cream.

Small piece of butter.

Pepper.

Shred the fish finely, and free it from bone and skin. Add to it a cup of hot milk or cream, a little bit of butter, and pepper to taste. Heat to boiling point and serve.

Baked Halibut. (24.)

Halibut.

One tablespoonful of butter.

One tablespoonful of walnut catsup.

One teaspoonful of Worcestershire sauce.

Lemon-juice.

Brown flour.

Salt.

This method of cooking halibut is very superior to

either boiling or frying it, as the flesh of the fish is firmer and the flavour is better.

Take a piece of halibut weighing five or six pounds and lay it in salt and water for two hours. Dry, and score the outer skin. Put it in a baking pan in a moderately hot oven, and bake for an hour, basting often with butter and water heated together in a saucepan or tin cup. When a fork will penetrate easily it is done. It should be of a fine brown. Take the gravy in the dripping pan—add a little boiling water should there not be enough—stir in a tablespoonful of walnut catsup, a teaspoonful of Worcestershire sauce, the juice of a lemon, and thicken with browned flour previously wetted with cold water. Boil up once, pour into the sauce-boat; or the fish may be served with white sauce.

Halibut Fish Balls or Rissoles. (25.)

Cold halibut or other white fish.

Mashed potato.

White sauce.

Pepper and salt.

Take the cold remnants of baked or boiled halibut, shred it into flakes, mix with an equal quantity of cold mashed potato, moisten with the white sauce, with a little milk and butter; season with salt and pepper. Form into cakes, flour, and fry to a light brown.

Baked Stuffed Shad. (26.)

Shad.

Breadcrumbs.

One egg.

One tablespoonful of butter.

A little milk.

Walnut catsup.
One tablespoonful of browned flour.
The juice of a lemon.
One glass of sherry.
Pepper, salt, and sweet herbs.

This is a delicious fish, too little known in England, but, when in season, fine ones may often be seen in Smithfield Fish Market.

Clean, wash, and wipe the fish, which should be a large one. Make a stuffing of grated breadcrumbs steeped in sweet milk, butter, salt, pepper and sweet herbs, moistened with a beaten egg. Stuff the shad and sew it up. Place it in a baking tin, with a cupful of water to keep it from burning, and bake an hour, basting with butter and water until it is tender throughout and well browned. Take it up, put in a hot dish and cover tightly, while you boil up the gravy with a spoonful of catsup, a tablespoonful of browned flour, the juice of a lemon and a glass of sherry. Garnish with sliced lemon. Take the thread from the fish, and pour the gravy into a sauce-boat.

PART III.

POULTRY. -

Broiled Chicken. (27.)

Spring chicken.

Butter.

Pepper and salt.

Take a young and tender spring chicken. Split it open up the back, wipe perfectly clean, rub with melted butter, and broil slowly before a bright clear fire. Turn to the other side for ten or fifteen minutes. When done, dress with butter, pepper and salt, garnish with water-cress and serve at once very hot.

Chicken Pot Pie. (28.)

A fowl.

One quart of flour.

One pint of milk.

Two tablespoonfuls of butter.

Two teaspoonfuls of baking powder.

Pepper and salt.

Joint a fowl into small, convenient pieces. Boil it in enough water to cover it, until almost tender. Put a tablespoonful of salt into the water when it is half done. Make a crust by mixing the flour with the milk, butter, baking powder, and a saltspoonful of salt. Roll lightly, and line a well-buttered

pudding-basin with it. Put in a layer of the chicken, season it with salt and pepper, dredge with a little flour, then other layers of the chicken until the basin is full. Cover with the crust, tie a cloth over the top and boil slowly for an hour.

Chicken on Toast. (29.)

The remains of cold fowls.
One cupful of cream or milk.
Two eggs.
Bread.
Pepper and salt.
A small piece of butter.

Take the remains of cold roasted or boiled fowls ; cut off the meat and chop finely. Simmer the bones and "trimmings" for an hour, and strain off the resulting broth. To a cupful of this stock add a cupful of cream or milk, the well-beaten eggs and a pinch of salt. Moisten the minced chicken with a part of this broth, and put it on in a saucepan to heat.

Cut two or three rounds of bread, three-quarters of an inch thick, from a tin loaf, place them in a deep basin and pour the stock over them ; when they have absorbed as much as they will take up, fry them quickly in a little butter. Spread each slice thinly with the minced chicken. Serve hot.

PART IV.

VEGETABLES.

Tinned Corn. (30.)

One tin of corn.
Half a cupful of milk.
A piece of butter the size of an egg.
Pepper and salt.

To serve plainly, as a vegetable, open the tin and drain the corn in a colander to remove the liquid. Put the corn into a saucepan with the milk. Bring it to boiling point, and add the piece of butter. Season well with pepper and salt, and serve hot.

Corn Omelette. (31.)

Make a plain omelette, by recipe No. 60, but add to the eggs after beating and just before frying, one cup of tinned corn. Fry as usual.

Mock Oysters (Corn Fritters). (32.)

One cupful of tinned corn.
Half a cupful of milk.
One cupful of flour.
Two eggs.
Salt and pepper.

Mix the milk, eggs, and flour to a smooth batter. Add the corn, and fry the mixture a tablespoonful at

a time in the same way as fried oysters, which they greatly resemble.

Stewed Tomatoes. (33.)

One pound of fresh or one tin of tomatoes.

Two cream crackers. (*See* No. 9.)

One teaspoonful of sugar.

A piece of butter the size of a walnut.

Pepper and salt.

Pour boiling water on the tomatoes so that the skins may be easily removed. After peeling them, put them in a saucepan with the cream crackers, which have been crushed to a powder with the rolling-pin, the sugar, butter, pepper and salt.

Boil for twenty minutes, and serve as a vegetable, giving each person a separate little plate or saucer.

Stuffed Tomatoes. (34.)

Tomatoes.

Breadcrumbs.

Butter.

Pepper and salt.

Rounds of fried bread.

Choose smooth, medium sized tomatoes. Cut a round piece neatly out of the top of each one. Scoop out the inside with a small spoon. Mix it with some bread-crumbs, pepper and salt, and some small bits of butter. If liked, a little chopped onion or ham may be added, but they are very good without.

Stuff each tomato with the mixture, heaping it in a neat, smooth mound on top. Bake for twenty minutes and serve on rounds of fried bread, about the size of a five shilling piece.

Scalloped Tomatoes. (35.)

One pound of fresh tomatoes or one tin.
Breadcrumbs.
Butter.
Pepper and salt.

Peel the tomatoes, by pouring boiling water over them, and cut them into slices. Butter a pudding dish, put a layer of the sliced tomatoes on the bottom, season them with salt and pepper, and sprinkle with tiny bits of butter; then a layer of breadcrumbs, also seasoned; then another layer of tomatoes, and so on until the dish is full, the top layer being of breadcrumbs dotted with bits of butter.

Bake for half an hour, and serve in the dish in which it is baked.

Tomato Salad. (36.)

Tomatoes.
Two eggs (yolks only).
Two teaspoonfuls of salt.
Six tablespoonfuls of salad oil.
Four tablespoonfuls of vinegar.

Peel and slice the tomatoes, lay them in the salad bowl, and pour the following dressing over them:

Beat together the raw yolks of the eggs, and the salt. Add very slowly, drop by drop, the salad oil. When the mixture becomes very thick, gradually stir in the vinegar. A tablespoonful of cream is a great improvement. Pour over the tomatoes just before serving.

Cabbage Salad. (37.)

Half a cabbage.
Two eggs.

Six tablespoonfuls of cream.
Half a teaspoonful of salt.
Six tablespoonfuls of vinegar.
A small piece of butter.

Take half of a large, white, firm cabbage. Chop it finely, and sprinkle with salt. Pour over it a dressing prepared as follows:

Take the well-beaten raw eggs, four tablespoonfuls of the cream, the salt, the vinegar, and a small piece of butter. Put on the fire in a saucepan, and stir constantly until thick. When the dressing is cold, add two tablespoonfuls of cream, and pour over the cabbage.

Green Tomato Pickle. (38.)

One peck of green tomatoes.
Six large onions.
One cupful of salt.
Three quarts of vinegar.
Two pounds of sugar.
Two tablespoonfuls of cloves.
Two tablespoonfuls of ginger.
Two tablespoonfuls of mustard.
Two tablespoonfuls of cinnamon.
Half a teaspoonful of cayenne pepper.

Slice the tomatoes and onions. Sprinkle them with the salt, and let them stand overnight. In the morning drain. Add to the tomatoes two quarts of water and one quart of vinegar. Boil fifteen minutes; then drain again and throw this vinegar and water away. Take the sugar, two quarts of vinegar, and the other ingredients, and boil together with the tomatoes for fifteen minutes. Put in glass jars, and cover tightly.

Cranberry Sauce. (39.)

One quart of cranberries.

One cup of water.

One cup of sugar.

Pick over and wash the cranberries, put them on with the water in an enamelled saucepan, and boil for half-an-hour, or until the cranberries are the consistency of marmalade. Add the sugar, and serve cold, with roast turkey or duck.

Cranberry Jelly. (40.)

One quart of cranberries.

Half a pint of water.

Two cupfuls of white sugar.

Put the sugar and water on together in an enamelled saucepan. Pick over and wash the cranberries. When the sugar is dissolved and the water boiling, put them into it, boil till soft—about forty minutes—and then strain through a colander or coarse sieve. Pour into a mould wet with cold water, and turn out when required for use. More sugar may be required if they are very sour. Cranberry jelly may be served with roast turkey, or as a sweet.

Cranberry Pie. (41.)

Directions for making this will be found under the heading of "Pies" (No. 72).

Boston Baked Beans. (42.)

One quart of haricot beans.

One pound of pickled pork.

Pick the beans over carefully, wash, and soak all night in cold water. In the morning put them on in a saucepan and partially boil them, until they begin to split open, which will take about half-an-hour.

Then drain off the water and put the beans into a two quart round brown earthenware jar. The kind sold for holding meal, etc., answers very well, or a Lancashire Hot Pot jar. Take one pound of pickled pork, slash the top of it, and bury it in the middle of the beans. Season with a little salt, but not too much, as the pork is salt. Then cover them with boiling water and put them, without a lid, into the oven.

Let them cook slowly all day long, while the fire is alight, occasionally pouring on a little boiling water as they get dry. By night they will be sufficiently done, but if they are not wanted till breakfast of the next day, they will be all the better for being left in the warm oven through the night. They may either be served in an entrée dish with the pork in the middle, or be sent to table with a napkin arranged neatly round the jar. No boiling water should be added for an hour or two before they are taken from the oven, or they will not be brown.

Creamed Potatoes. (43.)

Four cold boiled potatoes.

One cup of milk.

Butter the size of a walnut.

Pepper and salt.

One small teaspoonful of flour.

Put the butter in a frying-pan, and when it bubbles

stir the flour smoothly in. Add the milk, seasoning, and the potatoes cut in dice. Simmer for ten or fifteen minutes and serve hot for breakfast or luncheon.

Saratoga Potatoes. (44.)

Potatoes.

Boiling lard.

Salt.

Peel four raw potatoes. Slice them with a sharp knife to the thickness of note paper, which requires some practice. As you slice them, throw into ice-cold water and allow them to remain as long as convenient. Dry them thoroughly in a clean cloth. Have ready a pan with deep boiling lard. Put in the potatoes a few at a time, using a frying basket. Fry until of a pale golden brown, which will be in a minute or two if the fat is as hot as it should be. Sprinkle them with salt while they are hot. These potatoes will keep several days in a dry place, and may be reheated in the oven when required for use.

Fried Potatoes. (45.)

Cold boiled potatoes.

Three tablespoonfuls of butter.

One tablespoonful of chopped parsley.

One small chopped onion.

Pepper and salt.

Cut the potatoes into large dice, and season them. Fry the onion in the butter; when brown remove it and put in the potatoes. Stir with a fork, but do not break. When hot add the parsley. Cook two minutes longer and serve very hot.

Sacked Potatoes. (46.)

Potatoes.

Butter.

Cream.

Salt and pepper.

Grated cheese.

Milk.

One egg to every six potatoes.

Take large, fair potatoes, wash them very clean, bake till soft—about forty-five minutes—and cut a round piece off the top of each one. Scrape out the inside carefully, taking care not to break the skin, and set aside the empty cases with the covers. Mash the inside very smoothly, working into it while hot some butter and cream, about half a teaspoonful of each for every potato. Season with salt and pepper, with a good pinch of grated cheese for each ; work it very soft with milk, and put into a saucepan to heat, stirring to prevent burning. When scalding hot stir in one well-beaten egg for six large potatoes. Boil up once, fill the skins with the mixture, replacing the caps, return them to the oven for three minutes ; arrange upon a napkin in a deep dish, the caps uppermost, cover with a fold of the napkin and serve very hot.

Baked Sweet Potatoes. (47.)

Sweet potatoes as required.

Sweet potatoes are tasted in perfection when baked in their jackets, as they are very likely to be watery when boiled, especially such as we are able to buy in England. They take from an hour to an hour and a quarter to bake, and should be served hot, wrapped in a napkin, and eaten with butter.

Boiled Sweet Potatoes. (48.)

Sweet potatoes.

Salt.

Water.

Sweet potatoes require longer to boil than ordinary ones. Put them on in cold water without peeling them, and boil for forty-five minutes. Try with a fork, and when soft drain off the water, and leave in a warm place on the stove with the lid of the saucepan ajar to dry them. Peel before sending to table.

Roast Sweet Potatoes with Meat. (49.)

Sweet potatoes as required.

First boil the potatoes until partially cooked, and then put them round the meat for the remainder of the time, basting them frequently.

Fried Sweet Potatoes. (50.)

Cold boiled sweet potatoes.

Dripping or butter.

The remains of cold boiled or baked sweet potatoes make a very nice breakfast dish, cut in lengthwise slices, and fried a few minutes in butter or dripping. Season with salt and pepper.

PART V.

BREAKFAST DISHES.

Boiled Hominy. (51.)

One cup of hominy.
One quart of water.
Salt.

Soak the hominy overnight in cold water. In the morning pour off the water and put the hominy on in a saucepan in the above proportions. Season with salt. Boil for nearly five minutes and serve in the same way as oatmeal porridge.

Fried Hominy. (52.)

Cold boiled hominy.
Butter.

Boil as above, and pour when hot into a small jar or bowl. When cold it will form into a stiff mould and may then be cut into slices. Fry in a little butter or bacon fat and serve either with bacon, or by itself with golden syrup to accompany it.

Chickens' Livers and Bacon. (53.)

Chickens' livers.
Bacon.
Toast.

This is a dainty way of utilising the livers of *chickens*, and is a very appetising little breakfast dish.

Cut some very thin rashers of "streaky" bacon. Roll each little liver in a strip of the bacon, tie it round with a piece of string, or fasten with a tiny wooden pin, and fry until the liver is cooked through. Remove the string and serve on little rounds of toast or fried bread.

Fried Bananas. (54.)

Bananas.

Butter.

Bananas prepared in this way make a pleasant and wholesome change for breakfast, and they are sure to be appreciated. Choose firm, large bananas. Peel and cut into lengthwise slices. Fry in a little butter, or with the bacon until they begin to brown. Serve with the bacon, or alone, as preferred.

Potatoes Stewed in Milk. (55.)

Potatoes stewed in milk form a favourite American breakfast dish. It will be found under the heading of "Creamed Potatoes," Recipe No. 43.

Boston Baked Beans. (56.)

Baked beans are also properly a breakfast dish, but they are given among the Vegetables, Recipe No. 42.

PART VI.

EGGS.

Scrambled Eggs. (57.)

Eggs.

Milk.

Butter.

Pepper and salt.

Toast.

To each egg take a tablespoonful of milk and a piece of butter the size of a small walnut. Beat the eggs lightly together in a basin. Season with salt and pepper, heat the milk and butter to boiling point in a frying pan, and add the beaten eggs. Stir the mixture quickly round and round to prevent its sticking to the pan. In from three to five minutes the eggs will be set. Then turn them quickly on to hot buttered toast on a very hot plate, and serve at once.

Scrambled Eggs with Minced Ham. (58.)

Four eggs.

One tablespoonful of butter.

Pepper and salt.

Parsley.

Minced ham.

Buttered toast.

Put the butter into the frying pan. When it is hot stir in the well-beaten eggs seasoned with salt and pepper and a little chopped parsley. Stir them for three minutes. Have ready some slices of buttered

toast cut into rounds with a pastry cutter. Spread on these some finely minced ham or tongue. Heap the stirred egg upon these in mounds, and serve very hot.

Baked Eggs. (59.)

Eggs.
Cream.
Butter.
Pepper and salt.

Butter some small fireproof brown china dishes. Into each one break a new laid egg, pepper and salt each egg, and pour on each a tablespoonful of thick, sweet cream. On top sprinkle some tiny bits of butter, and bake in the oven till the whites are set, but be sure not to leave them in until the yolks are hard.

Plain Omelette. (60.)

Four eggs.
Two tablespoonfuls of milk.
One saltspoonful of salt.
One tablespoonful of butter.

Beat the eggs well, add the milk and salt. Put the butter in a frying or omelette pan. When it is very hot pour in the eggs; stir them gently for a few seconds and then leave till set, slipping a palette knife under to prevent burning. When the under side is sufficiently cooked, stand the pan in the oven for a few minutes to cook the top. When done, fold the two sides together and serve at once. Ten or fifteen minutes altogether for cooking.

Savoury Omelette. (61.)

Make in the same way as the preceding recipe, only

just before frying add a tablespoonful of chopped parsley and fine herbs.

Tomato Omelette. (62.)

Half a pound of tomatoes (or half a tin).

One small chopped onion.

Five eggs.

One powdered cream cracker (*see* No. 9) or fine breadcrumbs.

A piece of butter the size of a walnut.

Salt and pepper.

Peel the tomatoes if necessary; stew for thirty minutes together with the chopped onion, finely powdered cracker, seasoning and butter. Beat the eggs very lightly, whites and yolks separately, and mix with the tomatoes. Melt a small piece of butter in the omelette pan, and when very hot, pour in the mixture. Do not stir, and when set fold lightly together and serve at once.

Stuffed Eggs. (63.)

Eggs as required.

Pepper and salt.

Cucumber pickle.

Boil the eggs for fifteen minutes, and throw them into cold water to cool. Remove the shells, cut the eggs in two transversely, and take a small slice off the end of each half to make it stand upright. Take out the yolks, rub them fine, add pepper and salt, and to each egg half a teaspoonful of finely chopped cucumber pickle. Then return the mixture to the halves, heaping it in little mounds. Garnish with parsley or with chopped pickle.

PART VII.

PIES.

Plain Pie-crust. (64.)

One quart of flour.
Half a pound of lard.
Half a pound of butter.
One teacupful of ice-water.
One saltspoonful of salt.

Rub the lard into the flour and salt quite lightly. Wet with the ice-water, and work into a stiff dough. Roll thinly out on a floured board. Spread the butter in bits all over the paste, using a sharp knife for the purpose. Fold the paste and roll again, repeating the process until the butter is worked up. Lay it away in a cold place for an hour before using.

To Make a Pie. (65.)

For a pie plate, use an earthenware or tin plate, the size of an ordinary dinner plate. Rub the paste with lard or butter. Cover the bottom smoothly with a thin, evenly rolled layer of the paste. Trim the edges neatly away round the plate with a sharp knife. Then fill with the fruit or other filling, however it may be. Moisten the edges slightly with water. Cover with the top crust, and press the two crusts together with a pastry fluter or the handle of a fork. Ornament the top crust with the point of a

cutting through in places to allow the steam to escape. Bake in a hot oven.

Plain Pastry Sufficient for One Pie. (66.)

One cup of flour.

Half a cup of butter and lard mixed.

One saltspoonful of salt.

Rub the lard into the flour, or chop it in with a knife. Moisten with cold water sufficient to roll out, and then proceed as in the previous recipe for Pie-crust, No. 64.

Apple Pie, No. I. (67.)

Pastry made by Recipe No. 66.

Apples.

Sugar.

Ground cinnamon.

Butter.

Cover a buttered plate with a thin layer of crust. Pare, core, and cut into thin slices enough apples to fill it. Sprinkle them with a cupful of sugar, or more if sour. Season with a teaspoonful of ground cinnamon. Dot small pieces of butter about over the top. Pour two tablespoonfuls of water over the apples. Cover with the top crust and bake until the apples are soft—about forty-five minutes.

Apple Pie, No. II. (68.)

Pastry made by Recipe No. 66.

Six apples.

Butter.

Spice.

Sugar.

Pare, core, and cut into quarters six medium-sized apples. Stew them until soft with a little water. Add a piece of butter the size of a walnut. Sweeten to taste. Flavour with nutmeg or cinnamon. When cold, fill your pie with this and bake thirty-five minutes in a hot oven.

Lemon Pie. (69.)

Two cupfuls of boiling water.

Two cupfuls of sugar.

Four eggs.

Two lemons (grated rind and juice).

A piece of butter the size of an egg.

Two tablespoonfuls of cornflour.

Rub the cornflour smooth with a little cold water, and stir it into the boiling water in a saucepan; stir until it looks clear. Have ready the sugar and butter rubbed together, and pour the boiling mixture over them. When nearly cold, add the yolks of four eggs and the white of one, also the grated rind and juice of the lemons.

Line a deep plate with a nicely made pie-crust, making a little wall of the pastry round the edge. Fill the open shell thus formed with the mixture and bake for half an hour.

Beat the whites of the three remaining eggs stiffly with two tablespoonfuls of sugar, and when the pie is done spread it over the top, sprinkle with sugar, and return to the oven for a few minutes to brown slightly.

Peach Pie. (70.)

Peaches.

Pastry made by Recipe No. 66.

Sugar.

Peel, stone, and slice the peaches. Line a pie plate with a good short crust and fill it with the sliced fruit. Sprinkle with sugar. Crack one or two of the peach stones and place the kernels among the peaches. Cut some of the paste into strips, and place these cross-wise over the peaches. Bake forty minutes in a quick oven. Serve with cream.

Peach or Apple Mértingue Pie. (71.)

Peaches or apples.

Pastry.

Sugar.

Three eggs (whites only).

Three tablespoonfuls of caster sugar.

Vanilla.

Stew the peaches or apples until soft. Sweeten according to taste.

Have ready a pie plate lined with crust to form an open shell, as for Lemon Pie, Recipe No. 69. Fill the crust with the stewed fruit, and bake for forty minutes. When done, spread over it a thick mértingue made by whipping the whites of three eggs to a stiff froth, and adding three tablespoonfuls of caster sugar. Flavour with vanilla, and put in the oven until the mértingue is set and slightly brown. Serve cold.

Cranberry Pie. (72.)

One pint of cranberries.

One cup of water.

One cup of sugar.

Boil the cranberries with the water until reduced to a pulp—about half an hour. Add the sugar, and

taste to see if sweet enough. Remove from the fire and strain through a colander to remove the skins.

Line a buttered pie plate with short crust. Spread with the stewed cranberries. Cut some of the paste in strips, and place crosswise over the fruit. Bake for forty minutes.

Pumpkin Pie. (73.)

One quart of stewed pumpkin.
One pint of milk.
Half a cup of sugar.
Four eggs.
One teaspoonful of ginger.
Half a teaspoonful of salt.

If the pumpkin is fresh it must be stewed in as little water as possible until it is soft enough to go through a coarse sieve. The tinned pumpkin, which is very good, is already cooked, and has only to be mixed gradually with the boiling milk in the above proportions. When cool, add the well-beaten eggs and the ground ginger. Flavour with a little cinnamon, if liked, or essence of lemon.

Prepare the crust the same as for Lemon Pie, Recipe No. 69, making an open shell of the pastry. Fill with the stewed pumpkin. Bake without a cover for forty-five minutes, or until the custard is firm.

Squash Pie. (74.)

This is made in precisely the same way as the pumpkin one in the preceding recipe, only substituting squash for pumpkin.

Mince-meat. (75.)

Two pounds of lean beef or tongue, weighed after chopping.

One pound of beef suet, chopped very fine.
Five pounds of apples.
Two pounds of raisins.
One pound of sultanas.
Two pounds of currants.
Three quarters of a pound of citron.
Two tablespoonfuls of cinnamon.
One tablespoonful of grated nutmeg.
Two tablespoonfuls of mace.
One tablespoonful each of ground cloves and allspice.
One tablespoonful of salt.
Two pounds of brown sugar.
One pint of best brandy.
One quart of sherry.

Boil the meat the day before it is wanted. Pick out all bits of gristle and fat. Chop very finely. Carefully free the beef suet from strings, and chop as fine as possible. Mix these with the finely chopped apples, raisins, and other ingredients in a preserving pan. Heat them all together to boiling point, and put in a tightly covered stone jar.

This mince-meat will keep all winter in a dry place.

Mince Pies. (76.)

Puff paste.
A cupful of mince-meat.
Butter.
Sugar.

Butter an earthenware plate. Line it with a rich puff-paste. Spread on it a large cupful of the mince-meat, on which sprinkle some small bits of butter and a little sugar. Cover with a layer of the crust and bake for fifty minutes.

PART VIII.

PUDDINGS.

Chocolate Pudding. (77.)

One quart of milk.

Half a cupful of caster sugar.

Three ounces of grated vanilla chocolate.

Three tablespoonfuls of cornflour.

Two eggs.

Boil the milk; stir in the grated chocolate, the cornflour dissolved in a little cold milk, the sugar and the beaten yolks of the eggs. Bake in a buttered pudding dish until the custard is set. When cold beat the whites of the eggs until they are stiff, add to them half a cupful of caster sugar, and spread smoothly on the top of the pudding. Slightly brown it in the oven. Serve cold.

Queen's Pudding. (78.)

One large cup of stale breadcrumbs.

One cup of white sugar.

One pint of milk.

Three eggs.

One lemon (juice and rind).

Bring the milk to boiling point and pour half of it over the crumbs, add the remainder of the milk gradually to the beaten yolks, and one white, of the eggs, the sugar and the juice and grated rind of the lemon. Beat all together and pour into a buttered

pudding dish. Bake for half an hour. When cold spread it with a thin layer of red currant or other jelly. Whip the whites of the remaining eggs very stiffly, and add to them two tablespoonfuls of caster sugar; spread smoothly over the pudding and return to the oven until it is slightly brown. Decorate with bits of the red currant jelly. Serve cold.

Peach Pudding. (79.)

One pint of cream.
Two tablespoonfuls of caster sugar.
Half a tin of peaches.
Half an ounce of gelatine.

Dissolve the gelatine in a little warm water. Whip the cream stiffly and add the caster sugar. Chop the peaches into small pieces. Mix all together, and pour into a wet mould. Place on ice or where it is cold to harden. Turn out when required.

Banana and Orange Pudding. (80.)

One pint of milk.
Three eggs.
Two tablespoonfuls of caster sugar.
Vanilla.
Four oranges, six bananas.

Peel the bananas and oranges and cut them into thin slices. Carefully remove the seeds from the oranges. Arrange them in alternate layers in a glass dish, sprinkling each layer with caster sugar. Make a custard by boiling the milk, eggs, and sugar. Flavour with vanilla. When cold pour it over the bananas and oranges. Whipped cream, sweetened and flavoured, may be used if preferred.

Brown Betty Pudding. (81.)

One cup of breadcrumbs.
Two cups of cooking apples (chopped).
Half a cup of sugar.
One teaspoonful of ground cinnamon.
Two tablespoonfuls of butter.

Chop the apples finely, and put a layer of them at the bottom of a buttered pudding dish. Sprinkle them with sugar, cinnamon and little bits of butter; cover with breadcrumbs, and then another layer of apple, and so on until the dish is full. Sprinkle the top layer of breadcrumbs with bits of butter. Cover closely and bake for forty minutes. Serve hot, with cream and sugar.

Troy Pudding. (82.)

One cup of suet.
One cup of milk.
One cup of raisins (stoned and chopped).
One cup of molasses.
Three and a half cups of flour.
One teaspoonful of carbonate of soda.
Half a teaspoonful of salt.

Chop the suet and raisins. Mix all the dry ingredients together. Then add the molasses and milk, and the carbonate of soda dissolved in a teaspoonful of hot water. Press into a well-buttered pudding mould, and steam for three hours. Serve hot with lemon sauce.

Peach Cups. (83.)

One pint of milk.
Two and a half cups of flour.
Two eggs.

One tablespoonful of melted butter.
Half a teaspoonful of salt.
Two teaspoonfuls of baking powder.
Peaches as required.

Beat the eggs until light, add the milk, salt, and flour ; beat thoroughly, then add the melted butter and baking powder. Grease some small cups, half fill with the batter, put into each cup a half peach, cover with batter, dust with caster sugar, stand the cups in a baking pan half filled with boiling water, and bake twenty minutes in a quick oven. Serve hot with sweetened cream.

Angel Charlotte. (84.)

Angel cake. (*See* No. 88.)
A pint of cream.
Half an ounce of gelatine.
Vanilla.
Crystallised violets.
Caster sugar.

Make a loaf of angel cake according to the recipe under Cakes (No. 88), and bake it in a round tin. When the cake is cold, cut the centre carefully out, leaving a wall two inches in thickness. Soak half an ounce of gelatine in cold water. Whip a pint of cream ; sweeten it and flavour with vanilla. Dissolve the gelatine in a little boiling water, and add to the cream. Beat until stiffening, and pour into the cake. Cover with a lid cut from the top of the centre. Ice the whole with boiled icing. Ornament the top with crystallised violets.

PART IX.

CAKES.

General Directions for Making Cakes.

The secret of the American cook's success in cake-making is in the care with which the ingredients are mixed together, and in the fact that only the very best materials are used.

In the first place the butter should be well beaten with a wooden spoon, until it is almost white and of a creamy consistency. Next is added the sugar, which for all delicate or white cakes should be caster, and bought of a reliable grocer. The well-beaten yolks of the eggs come next, and then the carbonate of soda dissolved in the milk. Finally beat in the flour (best Vienna) sifted with the cream of tartar, and the whites of the eggs beaten to a stiff froth.

The oven should be hot but not fierce when the cake is put in ; and after it is put in, the oven door must not be opened for ten minutes.

The tin in which the cake is baked should be lined with well-buttered brown paper.

Only practice will teach the exact length of time required to bake a cake, but, roughly speaking, a *medium* sized one will take from thirty to **forty-five minutes.**

Lemon Jelly Cake. (85.)

Half a cup of butter.

Two cups of sugar.

One cup of milk.

Three eggs.

Three and a half cups of flour.

Two teaspoonfuls of cream of tartar.

One teaspoonful of carbonate of soda.

Beat the butter to a creamy whiteness, and rub the sugar well into it. Add the yolks of the eggs, then the milk, in which has been dissolved the soda. Warm the flour, sift it with the cream of tartar, and add them to the other ingredients. Beat well to free from lumps, and finally stir in the stiffly beaten whites of the eggs. Pour the cake into three or four round tins, not more than half an inch in depth. These will bake in ten or fifteen minutes. When the cakes are cool pile them one on top of another ; make the following filling and spread it thinly between each layer. Ice the cake with a soft glaze, flavoured with a little lemon juice.

Lemon Filling.

One large fair lemon.

One cup of sugar.

Half a cup of water.

One egg.

One teaspoonful of cornflour.

One teaspoonful of butter.

Grate the rind of the lemon, and put it in a saucepan together with the juice, the water, the sugar, beaten egg, the cornflour rubbed smooth in a little water, and the butter. Boil them all together until the mixture begins to thicken slightly. When it is *cold*, place it between the layers of the cake.

Silver Cake. (86.)

Half a cup of butter.
One and a half cups of sugar.
Half a cup of milk.
Two cups of flour.
Four eggs (whites only).
Half a teaspoonful of cream of tartar.
One teaspoonful of carbonate of soda.

Mix in the same way as the preceding cake, but bake in one square cake tin, for about thirty minutes. Ice with chocolate icing. The yolks of the eggs, which are left over, may be used for gold cake, or for custard pudding.

Gold Cake. (87.)

One and three quarter cups of sugar.
Three quarters of a cup of butter.
Three quarters of a cup of milk.
Two and a half cups of flour.
The yolks of four eggs and the white of one.
Half a teaspoonful of carbonate of soda.
One teaspoonful of cream of tartar.

Mix as previously directed. Bake in one long shallow tin. Glaze with soft white icing, for which a recipe is given further on (No. 106).

Angel Cake. (88.)

Eleven eggs (whites only).
One and a half cups of sugar (sifted caster).
One cup of flour, sifted four times.
One teaspoonful of vanilla.
One teaspoonful of cream of tartar.

Beat the whites until stiff enough to stand alone, adding the sugar gradually. Then add the vanilla.

d next the flour, into which the cream of tartar has been thoroughly mixed. Do not grease the tin. Bake forty minutes in a moderate oven. There is a special tin made for baking angel cake, with a funnel up the centre, and three little legs on which the tin is turned side down on coming out of the oven ; but if this cannot be procured, the cake may be made in an ordinary round cake-tin.

Cream Cake. (89.)

Two cups of sugar.

Two-thirds of a cup of butter.

Half a cup of milk.

Three cups of flour.

Four eggs.

Half a teaspoonful of carbonate of soda.

One teaspoonful of cream of tartar.

Mix as usual. Bake in layers as for lemon jelly cake, and when cold spread with the following cream :—

Filling for Cream Cake.

Half a pint of milk.

Half a cup of sugar.

One egg.

Two teaspoonfuls of cornflour.

One teaspoonful of essence of vanilla.

Heat the milk to boiling point, and stir in the cornflour wet with a little cold milk ; mix a little of the hot milk gradually in with the beaten egg and sugar ; turn it to the rest of the custard, and boil, stirring constantly, until it thickens slightly. Let it cool before adding the vanilla and then spread between the layers of the cake.

Chocolate Cake, No. I. (90.)

Two cups of sugar.
Two thirds of a cup of butter.
One cup of milk.
Three and a half cups of flour.
The yolks of five eggs and the whites of two.
Half a teaspoonful of soda.
One teaspoonful of cream of tartar.

Bake in layers as for Lemon Jelly Cake (No. 85), and put the following mixture between the layers, or if preferred bake in one tin, and ice with chocolate. In the United States, Baker's unsweetened chocolate is used for cooking purposes, but as it is so difficult to procure the unsweetened chocolate in England, the Chocolate Menier may be used ; but of course in that case so much sugar is not required.

Chocolate Icing. (91.)

The whites of two eggs.
One and a half cups of caster sugar.
Six tablespoonfuls of grated unsweetened chocolate.
One teaspoonful of essence of vanilla.

Put the chocolate and sugar in a saucepan with two tablespoonfuls of hot water. Stir over the fire until smooth and glossy. Beat the whites of the eggs stiff, and add the sugar and chocolate. When the cake is cold spread it between the layers and pour over the top.

Or

Melt one package of Chocolate Menier with half a small teacupful of milk, add a small cup of sugar and a piece of butter the size of a walnut. Boil until

dark and glossy and beginning to thicken. Beat until cool and spread on the cake.

Chocolate Cake, No. II. (92.)

One cup of sugar.
Half a cup of butter.
Half a cup of milk.
One cup of flour.
Half a cup of cornflour.
The whites of three eggs.
One teaspoonful of cream of tartar.
Half a teaspoonful of carbonate of soda.

Mix as usual. Bake in a round scalloped or other tin, and ice with chocolate as described in the previous recipe.

Chocolate Cream Cake. (93.)

One and a half cups of sugar.
Half a cup of butter.
Two cups of flour.
One cup of milk.
The whites of four eggs.
One teaspoonful of cream of tartar.
Half a teaspoonful of carbonate of soda.

Mix as previously described. Bake in one tin, and ice as follows :

Two cups of sugar.
Half a cup of water.

Boil till clear and syrupy—about five minutes' hard boiling. Beat well until white and hardening. When the cake is cold pour this over it. Let it harden, which it will quickly do, and then melt two ounces of unsweetened chocolate with a tiny piece of butter the size of a walnut, and pour a thin coating of this over the white icing. Leave a few hours to harden.

Nut Cake. (94.)

One cup of sugar.
Half a cup of butter.
Half a cup of milk.
Two cups of flour.
Two eggs.
Half a teaspoonful of carbonate of soda.
One teaspoonful of cream of tartar.
One cupful of nuts, measured after cracking
(American hickory nuts or English walnuts).
One cupful of raisins.

Mix the cake as previously described, but last of all add the cupful of walnuts, cracked and chopped fine, and chop with them a cup of raisins seeded and dredged in flour.

When the cake is cold ice it with white icing, Recipe No. 106, and while the icing is still soft ornament the top with half walnuts.

Whipped Cream Cake. (95.)

One cup of butter.
Two cups of sugar.
One cup of milk.
Three cups of flour.
The whites of four eggs.
Half a teaspoonful of carbonate of soda.
One teaspoonful of cream of tartar.

Bake in layers, and spread between each one some stiffly whipped cream sweetened and flavoured with vanilla.

Strawberry Short Cake. (96.)

Two cups of flour.
One cup of sour milk.
A piece of butter the size of a walnut.

One third of a teaspoonful of soda.

One saltspoonful of salt.

One quart of strawberries.

Mix the dry ingredients with the flour, rub together through a sieve ; then work in the butter and add gradually the milk. Butter two round shallow tins and spread the mixture in them. Bake for fifteen minutes. When done, split the cakes open, butter them and sprinkle with sugar. Crush one quart of strawberries, sugar them to taste, and spread between the layers. Serve at once.

Pound Cake. (97.)

One pound of sugar.

One pound of flour.

Three quarters of a pound of butter.

One pound of eggs.

One wineglass of brandy.

A quarter of a teaspoonful of carbonate of soda.

Cream the butter and sugar, add the brandy ; beat the yolks till light, then add the stiffly-beaten whites and the sifted flour with the soda in it. Beat hard for several minutes before putting in the oven. Bake for forty minutes. This cake will remain good for weeks if kept in a tight tin box, and is very rich and moist.

Orange Cake. (98.)

Half a cup of milk.

Half a cup of butter.

One cup of sugar.

One and a half cups of flour.

The whites of four eggs.

Half a teaspoonful of carbonate of soda.

One teaspoonful of cream of tartar.

One tablespoonful of orange juice and the thinly-grated rind added last of all.

Mix as previously described, and bake in a round scalloped tin. It is good either with or without the icing which is given below. ●

Orange Icing. (99.)

One cupful of sugar.

One third of a cupful of water.

One egg (white only).

One saltspoonful of cream of tartar.

Orange juice and grated rind.

Boil the sugar and water until it will string when lifted up on the spoon. Have ready the white of the egg beaten stiffly, to which add the cream of tartar. Pour the syrup slowly on the egg, beating all the time. Add one teaspoonful of orange juice and a little of the grated rind. Beat it until it will go on the cake without running.

Lemon Sponge Cake. (100.)

Two cups of sugar.

Two cups of flour.

Six eggs.

The juice and grated rind of one lemon. If the lemon is a very large one use only a part of it.

Beat the whites and yolks of the eggs separately; to the yolks add the sugar and the grated rind of the lemon; beat the sifted flour lightly in, and add the stiffly beaten whites of the eggs, and finally the lemon juice. Bake in a slow oven for one hour and turn occasionally that it may rise evenly.

Fruit Cake. (101.)

This cake is as rich as wedding cake and will keep for a year or more.

One pound of butter.
One pound of sugar.
One pound of flour.
One pound of raisins (seeded and chopped).
Two pounds of currants (well picked over).
Half a pound of citron.
Ten eggs.
One teaspoonful of cream of tartar.
Half a teaspoonful of carbonate of soda.
One teaspoonful of ground cloves.
Half a teaspoonful of mace.
One nutmeg.
A wineglass of brandy.
The juice and the grated peel of one lemon.
Half a teacupful of molasses.

Rub the sugar and butter together to a cream; add the molasses. Beat the whites and yolks of the eggs separately and add them to the butter and sugar, then by degrees put in two-thirds of the flour with the cream of tartar sifted among it. Dissolve the soda in a little boiling water and add it next; then the spice, the brandy, and last of all the fruit, mixed with the remainder of the flour. Have the citron cut in thin slices, and when you have put a layer of the cake into the tin, put a layer of the citron, and so on till the cake is all in. Bake for at least three hours in a moderate oven.

Cup Cakes. (102.)

One cup of butter.
Two cups of sugar.

One cup of milk.

Three cups of flour.

Three eggs.

Half a teaspoonful of carbonate of soda.

One teaspoonful of cream of tartar.

Mix as for Lemon Jelly Cake (No. 85), but bake in small cups or tins, about two tablespoonfuls of dough to each one. Bake about fifteen minutes. When cold, take them out of the tins, turn them upside down and frost the bottom of the cakes either with chocolate icing, or with white icing and a dried cherry on each little cake.

Ribbon Cake. (103.)

One cup of butter.

Two and a half cups of sugar.

One cup of milk.

Four eggs.

Four cups of flour.

One teaspoonful of cream of tartar.

Half a teaspoonful of carbonate of soda.

Divide the mixture into three parts. To one part add a cupful of raisins, seeded, chopped, and dredged in flour; one cupful of currants, picked carefully over and also dredged, two tablespoonfuls of molasses, a quarter of a pound of chopped citron, and a teaspoonful each of ground cinnamon, cloves and nutmeg.

Bake each part in a shallow round tin, and when they are done and while still hot, place the cake with the fruit in it between the two others, putting white of egg between them to make them stick together. *Ice with white icing.*

Poverty Cake. (104.)

One cup of sugar.
Half a cup of butter.
Half a cup of milk.
Two cups of flour.
One egg.
Half a teaspoonful of soda.
One teaspoonful of cream of tartar.
Mix as described previously.

This is a very good, light, plain cake, and with or without the addition of a few chopped raisins or sultanas, is exceedingly nice when fresh. It can be varied in several ways, by baking in layers and putting red currant jelly between, or by the addition of spices and currants, and so on.

Tea Kisses. (105.)

One cup of sugar.
Half a cup of butter.
Two cups of flour.
Two eggs.
Two tablespoonfuls of milk.
Two teaspoonfuls of baking powder.

Mix as for cake, but dip out the dough by the teaspoonful, and drop on a buttered tin. Sprinkle them with sugar, and bake from five to ten minutes.

White Icing for Cakes. (106.)

One cup of sugar.
Four tablespoonfuls of boiling water.
The white of one egg.
A quarter of a teaspoonful of cream of tartar.

Boil the sugar and water together until the syrup will "string" when lifted out on a spoon. Have

ready the stiffly beaten white of the egg, and with it the cream of tartar. Pour the syrup slowly on the egg, beating all the time. Beat until it will go on the cake without running. Flavour with a few drops of essence of vanilla, lemon juice, rosewater, or whatever is preferred.

Yellow Icing. (107.)

One large cup of icing sugar.
The yolk of one egg.
Lemon juice.

Add a little lemon juice and just sufficient of the yolk of the egg to the sugar to make it moist enough to spread smoothly on the cake. Leave in a cool place for several hours to harden.

Doughnuts. (108.)

Doughnuts, in their native land, are seen only on the breakfast table, but they are given here among the cakes, because in England they seem to meet with more favour as an afternoon tea delicacy.

Two cups of sugar.
Half a cup of butter.
One cup of sour milk.
Three eggs.
One teaspoonful of carbonate of soda.
One saltspoonful of salt.
Flour sufficient to roll them out.

Rub the sugar and butter to a cream. Add the yolks of the eggs and the milk. Dissolve the soda in a little boiling water. Then stir in enough sifted flour, in which is the salt, to make a dough stiff enough to roll out on the pastry board. Flavour with a little

ground cinnamon or grated nutmeg if liked. Roll out to the thickness of half an inch, and cut into round cakes, making a hole in the middle with a doughnut cutter if you have one. If not use a pastry cutter, and for the hole, the top of a small tin pepper box will answer.

Have ready a large shallow saucepan nearly full of boiling lard ; about two pounds will be necessary the first time, but of course, it may be used many times over for frying doughnuts and other things, if it is strained through a piece of muslin after using.

When the lard is boiling—this you can tell by dropping in a small piece of dough, which will rise immediately if the fat is hot enough—drop your doughnuts carefully in, putting in as many as will float in the pan, barely touching one another. Fry till a delicate brown colour on one side, and then turn them over with a fork and brown the other side ; by this time the doughnuts will be done. When cold sprinkle with icing sugar.

This recipe makes a great many doughnuts, and may be halved if wished, but doughnuts will keep a week in a tight tin box.

Doughnuts made with Sweet Milk. (109.)

Two cups of sugar.

Two eggs.

One tablespoonful of butter.

One pint of milk.

One teaspoonful of carbonate of soda.

Two teaspoonfuls of cream of tartar.

Make exactly as in the preceding recipe, adding sufficient flour to roll.

Sugar Cookies, No. I. (110.)

One cup of butter.
Two cups of sugar.
Three eggs.
Sufficient flour.
A quarter of a teaspoonful of carbonate of soda.
One teaspoonful of grated nutmeg.
Flour enough to make a stiff dough.

Rub the butter and sugar till creamy. Add the yolks of the eggs, the nutmeg, and the soda dissolved in a little boiling water; then the stiffly beaten whites of the eggs, and last of all sufficient sifted flour to make a soft dough. Roll out thinly on a floured pastry board. Cut into round cakes with a cutter, and bake for ten minutes in a quick oven. Sprinkle with caster sugar.

Sugar Cookies, No. II. (111.)

One and a half cups of sugar.
One cup of melted butter.
One cup of sour milk.
One egg.
One teaspoonful of carbonate of soda.
Sufficient flour to make a soft dough.

Mix and bake as in the preceding recipe. Roll as thin as possible. Add a few currants if wished.

Molasses Cookies. (112.)

One cup of butter.
One cup of boiling water.
Two cups of molasses.
One tablespoonful of ground ginger.
One teaspoonful of ground cloves.
Two teaspoonfuls of carbonate of soda.

Sufficient flour to make a dough, but roll it out as soft as possible, and cut into round cakes of a wafer-like thinness.

Pour the boiling water on the butter to melt it ; add the molasses ; then the spices and soda, and finally the flour. Beat well and roll out. Bake quickly in a hot oven. The cookies should be crisp and thin.

Molasses Gingerbread, No. I. (113.)

One cup of butter.

One cup of sugar.

One cup of molasses.

One cup of sour milk.

Five cups of flour.

One teaspoonful of carbonate of soda.

One teaspoonful of ground cinnamon.

One tablespoonful of ground ginger.

Two eggs.

Put the butter, sugar, molasses, and spices together in an earthenware bowl, and leave them beside the fire in a warm place for a little while until the former are melted. Then beat them well together. Add the stiffly beaten eggs and the milk, the soda dissolved in a little hot water, and last of all the flour. Beat very hard for ten minutes, and bake in one large tin in a slow oven for about an hour. This gingerbread is improved by a large cupful of raisins seeded and cut in half and added with the flour last of all.

Molasses Gingerbread, No. II. (114.)

One and a half cups of molasses.

Half a cup of melted butter.

One cup of boiling water.

One teaspoonful of ground ginger.

One teaspoonful of carbonate of soda.
One teaspoonful of salt.
Three cups of flour.

Mix the molasses, butter, and water together. Add the ginger and salt, the soda dissolved in a little hot water, and then the sifted flour. Bake in a moderate oven for forty-five minutes.

Hermits. (115.)

One and a half cups of sugar.
One cup of butter.
One cup of raisins (seeded and chopped).
A quarter of a pound of citron (chopped fine).
Three eggs.
Half a teaspoonful of carbonate of soda.
One teaspoonful of ground cinnamon.
One teaspoonful of ground allspice.
One teaspoonful of ground nutmeg.

Beat the butter to a cream; add the sugar, the well-beaten yolks of the eggs, the spices, and the fruit lightly dredged in flour; then the stiffly beaten whites of the eggs, and the soda dissolved in a little boiling water. Finally sift in sufficient flour to enable you to roll them out on a floured pastry board.

Roll them very thin, cut out with a pastry cutter or a tumbler and bake in a very quick oven.

PART X.

ICE CREAM.

With the aid of a small American ice-cream freezer, nothing can be simpler than to make a quart or two of ice-cream or an ice-pudding. They are really easier and less expensive than many elaborate puddings, and always sure to be appreciated. There are many convenient and easily manipulated freezers now to be had, and a very small quantity of ice is required to freeze enough for dinner. The expense varies of course according to the quantity of cream used, which may be much or little. The more cream the richer and smoother your ice-cream will naturally be.

Directions for Freezing Ice Cream. (116.)

Twelve pounds of ice is sufficient for a small freezer. Put it into an old sack or bag and break into small pieces with a mallet. The finer the ice, the sooner the cream will freeze. About three pounds of rock salt will be needed for this quantity of ice. See that your freezer is in good working order, and that the handle will turn easily. Then pour the custard, which should be made the night before, or some hours at least, into the tin can with the beater in its place inside it. Place the can in the centre of the wooden pail, on the pivot provided for it ; fasten the handle-bar into position across the top of the can, and turn

the handle once to see that all is right. Then proceed to pack round the can with the fine ice and salt—first a layer of ice, then a shallow layer of salt, then ice, and so on until the pail is almost full. Turn the handle occasionally while packing, to make sure that it turns without interference from the ice.

When the pail is full, turn the handle for fifteen minutes or so ; slowly at first and gradually getting quicker, until it is so stiff you can hardly turn it. When this is the case, remove the handle, carefully wipe the lid of the can, open it, and remove the beater, taking care that not a drop of the salt water is allowed to make its way in. Press the ice cream down with a wooden spoon and put the lid on again. Cork the hole in the tin left by the removal of the handle, and lay a cloth over the lid. Fill the freezer to the top with ice and stand it away in a cool place, well covered over, until the time when the cream is required.

When it is time to serve the ice, take the tin can from among the ice, wrap a cloth wet in warm water around it for a moment, and it will slip out in a smooth compact mass, and may be sliced with a knife ; or if not required all at once, as at a dance or other entertainment, leave it in the freezer among the ice, and take it out as wanted.

Vanilla Ice Cream. (117.)

One quart of milk.

One pint of cream.

Four eggs.

Two cups of sugar.

Two tablespoonfuls of cornflour.

Two teaspoonfuls of extract of vanilla.

Make a custard by putting the milk on in a saucepan, bringing it to boiling point, and then pouring it very gradually over the yolks of the eggs and the sugar. Add a pinch of salt. Return to the saucepan and add the cornflour dissolved in a little cold milk. Boil until of the consistency of thin cream. Remove from the fire, and add the stiffly beaten whites of the eggs. When cold add the flavouring, and just before pouring into the freezer add the cream.

Strawberry Ice Cream. (118.)

A custard made by Recipe No. 117.

Two pounds of strawberries.

One cupful of white sugar.

Make a custard as in the preceding recipe, only omitting the vanilla. Crush the strawberries to a pulp with a silver fork. Sprinkle them with a large cupful of white sugar and allow them to stand for an hour or two. When the cream is partially frozen remove the lid of the can and add the strawberries. Continue freezing as usual.

Peach Ice Cream. (119.)

A custard made by Recipe No. 117.

Peaches.

Sugar.

This is made in exactly the same way as the strawberry. If tinned or bottled fruit is used, stew the peaches for thirty minutes with a cup of sugar. When cold strain through a sieve and add to the *partially frozen* ice cream.

Banana Ice Cream. (120.)

A custard made by Recipe No. 117.

Six bananas.

One cupful of white sugar.

Take six ripe bananas, peel them and rub through a sieve, and add a cupful of sugar to the pulp. Add to the cream, made as already described, when partially frozen.

Coffee Ice Cream. (121.)

One pint of milk.

One pint of cream.

One cup of strong coffee.

Two cups of sugar.

Two tablespoonfuls of cornflour.

Two eggs.

Boil the milk with the yolks of the eggs, one cup of sugar, and the cornflour rubbed smooth in a little milk, until it begins to thicken. When this is cool mix it with the cream, coffee, the remainder of the sugar and the whites of the eggs stiffly beaten. Stir all together and freeze as usual.

Chocolate Ice Cream. (122.)

A custard made by Recipe No. 117.

Two ounces of unsweetened chocolate.

Two tablespoonfuls of boiling water.

Make a custard the same as for vanilla ice cream. Take two ounces of unsweetened chocolate, or a packet of Chocolate Menier. Grate it and put in a saucepan, with two tablespoonfuls of boiling water. Stir this over the fire until it is smooth, and then add it to the custard. If you use the unsweetened chocolate add two tablespoonfuls of sugar to it.

Frozen Pudding. (123.)

One pint of milk.

Two cups of sugar.

Half a cup of flour.

Two eggs.

Two tablespoonfuls of Nelson's gelatine.

One quart of cream.

Half a pound of mixed dried fruits (cherries, angelica, apricots, etc.).

Four tablespoonfuls of Maraschino or sherry.

Let the milk come to a boil. Beat the flour, one cupful of the sugar, and two eggs together, and stir into the boiling milk. Cook twenty minutes and add the gelatine, which has been soaked in enough water to cover it, for an hour or two. Remove from the fire and when cold add the wine, cream, and remainder of the sugar. Pour into the freezer, and when the mixture is partially frozen, add the dried fruits, which have been cut into small pieces.

When the cream is frozen, press it into a tin mould, cover with a piece of white paper, put on the tight lid, and bury in ice and salt until wanted.

Wring a cloth out in warm water and wrap round the mould for an instant, then open and turn out.

PART XI.

HOT BREAD AND CAKES.

Hot Biscuits. (124.)

One quart of flour.
Two heaped tablespoonfuls of lard.
Two cups of sweet milk.
One teaspoonful of carbonate of soda.
Two teaspoonfuls of cream of tartar.
One saltspoonful of salt.

Sift the flour and with it the soda, cream of tartar, and salt. Rub the lard quickly and lightly into the flour. Last of all add the milk. Mix the dough as quickly as possible, as handling too much spoils the biscuits. Roll out lightly on a floured board. Cut into round cakes about an inch thick and bake fifteen minutes in a hot oven. Eat hot, splitting them open and buttering them.

Any biscuits which are left over make nice little tea cakes, toasted and buttered; or eaten cold they make a nice change for afternoon tea.

Soda Biscuits. (125.)

One pint of sour milk.
One quart of flour.
One teaspoonful of carbonate of soda.
Two teaspoonfuls of melted butter.
One saltspoonful of salt.

Add the salt and soda to the flour, then the butter well rubbed in with it, and finally the milk. Mix and roll out as quickly as possible. Cut into round cakes and bake in a hot oven until beginning to brown.

Graham or Brown Biscuits. (126.)

Three cups of Graham or brown flour.

One cup of white flour.

Three cups of milk.

Two tablespoonfuls of lard.

One tablespoonful of white sugar.

One saltspoonful of salt.

One teaspoonful of carbonate of soda.

Two teaspoonfuls of cream of tartar.

Mix the dry ingredients together, then rub in the lard, and make a dough with the milk. Roll and bake as in the preceding recipes for biscuits.

Pop-overs. (127.)

One cup of milk.

One cup of flour.

One egg.

A pinch of salt.

A piece of butter the size of a walnut.

Beat the egg until light, add the milk and salt, and beat gradually into the flour. Bake in little tins like sponge cake tins, in a very hot oven, for fifteen or twenty minutes. Eat hot for breakfast, split open and buttered.

Parker House Rolls. (128.)

Dough.

One tablespoonful of lard or butter.

When making bread, set aside sufficient dough to

make one dozen rolls. Work into it one large tablespoonful of lard or butter. Let this stand for four hours, then knead again and allow it to stand for three hours longer. Roll out. Cut into round cakes almost as large as a small saucer. Fold them over, not quite in the centre. Leave them for one hour longer. Brush over with warm butter, and bake for half an hour.

Indian Corn Cake, No. I. (129.)

Two teacupfuls of Indian cornmeal.
One teacupful of flour.
Three teacupfuls of sour milk.
Two eggs.
One tablespoonful of sugar or molasses.
One teaspoonful of carbonate of soda.
One teaspoonful of salt.

Mix together the sugar, salt, cornmeal and flour. Beat the eggs light. Dissolve the soda in two tablespoonfuls of boiling water and pour into the sour milk. Stir well and add to the other ingredients. Add the eggs. Beat well. Pour into buttered cake tins to the depth of about an inch and a half. Bake twenty-five minutes in a hot oven. Eat hot, split open and buttered.

The Indian cornmeal may be bought at any American grocer's in London, put up in five pound packages by an American firm.

Indian Corn Cake, No. II. (130.)

One and a half cups of Indian cornmeal.
One and a half cups of flour.
Two and a half cups of milk.
Two tablespoonfuls of molasses.
One egg.

One teaspoonful of salt.

One teaspoonful of carbonate of soda (small).

One teaspoonful of cream of tartar (large).

A piece of butter the size of an egg.

Mix the dry ingredients as in the preceding recipe. Add the well-beaten egg, the molasses, milk and melted butter. Bake twenty-five minutes in a quick oven.

Boston Brown Bread. (131.)

In the days when baked beans were a staple article of diet, this brown bread was always served as an accompaniment. It is intended to be eaten hot, cut in slices and buttered.

Three cups of Indian cornmeal.

Three cups of boiling water.

Two cups of rye flour.

One cup of molasses.

One and a half cups of milk.

One teaspoonful of salt.

Two teaspoonfuls of carbonate of soda.

Pour the boiling water over the Indian meal ; when cold, add the rye flour, salt, molasses, and milk ; dissolve the soda in a little boiling water and mix all together. Steam in a plain pudding tin for four hours.

Breakfast Muffins. (132.)

One cup of milk.

Two cups of flour.

One tablespoonful of sugar.

One tablespoonful of melted butter.

One egg.

Two teaspoonfuls of cream of tartar.

One teaspoonful of carbonate of soda.

A pinch of salt.

Beat the egg lightly, the white and the yolk separately. Add the milk with a little salt, then the butter, sugar, and lastly the flour with the cream of tartar and soda sifted into it. Stir all lightly together, and bake in little tins like sponge-cake tins, or in cups.

Eat hot with butter for breakfast.

PART XII

FRIED CAKES AND FRITTERS.

Buckwheat Cakes. (133.)

One quart of self-raising buckwheat flour.

One teaspoonful of salt.

One tablespoonful of molasses.

Add sufficient warm water to make a thin batter. Put a piece of butter in the frying pan; when very hot pour in a small half cupful of the batter. The cakes should be about as large as a small saucer. When fried a nice brown on each side, take them out and lay on a hot plate. Serve as soon as ever they are done, with maple syrup or molasses on them, for breakfast.

Griddle Cakes. (134.)

One cupful of Indian cornmeal.

One cupful of flour.

Three cupfuls of boiling milk.

Two eggs.

One teaspoonful of salt.

One teaspoonful of cream of tartar.

Half a teaspoonful of carbonate of soda.

Two tablespoonfuls of sugar.

Boil the milk, and gradually pour it on the meal. Mix the other dry ingredients with the flour and rub through a sieve. When the scalded meal is cool, add to it the flour and eggs well beaten. Have the frying

pan very hot, and put into it a teaspoonful of butter. When this is hot, pour in a tablespoonful of the mixture and fry on both sides till brown.

Crumb Cakes. (135.)

One pint of sour milk.
One large cupful of stale breadcrumbs.
One egg.
Salt.
One teaspoonful of carbonate of soda.

Mix the milk and the breadcrumbs. Beat the egg stiffly, white and yolk separately. Add a pinch of salt. Last of all add the soda dissolved in a spoonful of boiling water. Have your frying pan very hot, put a little butter into it, and fry the mixture a tablespoonful at a time. Eat hot with sugar and butter or with syrup.

Hominy Cakes. (136.)

Two cups of boiled hominy.
Two cups of flour.
Two cups of milk.
Three eggs, well beaten.
One teaspoonful of salt.

Beat the hominy smooth, work in the milk, salt, then the flour, and lastly the eggs. Fry in the same way as fritters.

Breakfast Fritters. (137.)

Two cups of sour milk.
Two eggs.
Two teaspoonfuls of carbonate of soda.
Sufficient flour to make a thin batter.

Have your frying pan very hot. Put in a little bit

of butter, and when it hisses, pour in a large spoonful of the batter. Fry till brown on one side, and then turn to the other. Serve hot with sifted sugar and butter, or with syrup.

Apple Fritters. (138.)

Two eggs.

Half a pint of milk.

Two cups of flour.

One teaspoonful of salt.

Four apples.

Lemon juice.

Beat the eggs stiff, and stir them with the milk. Add gradually to the flour and salt, making a stiff batter. Have ready four apples, cored, pared and chopped. Sprinkle the apples with sugar and squeeze a little lemon juice over them. Mix them with the batter. Fry in boiling lard a tablespoonful at a time and serve very hot with sifted sugar over them.

Banana Fritters. (139.)

Batter made by Recipe No. 138.

Bananas.

Lemon juice.

Boiling lard.

Make a batter in the same way as for apple fritters. Cut some bananas into lengthwise slices. Squeeze a few drops of lemon juice on each slice. Dip them in the batter, and fry in boiling lard. Sift some sugar over them and serve hot.

Breadcrumb Fritters. (140.)

One quart of milk (boiling).

Two cups of fine breadcrumbs.

- Three eggs.
- One teaspoonful of grated nutmeg.
- One tablespoonful of melted butter.
- One saltspoonful of salt.
- One saltspoonful of carbonate of soda.

Soak the crumbs for ten minutes in the boiling milk. Beat to a smooth paste; add the beaten yolks of the eggs, the butter, nutmeg, salt and soda, and finally the stiffly beaten whites. Fry a tablespoonful at a time and pile in a dish with sugar sifted over them.

Waffles. (141.)

- Two cups of milk.
- Two eggs.
- Three cups of flour.
- One teaspoonful of cream of tartar.
- Half a teaspoonful of soda.
- One saltspoonful of salt.
- One tablespoonful of melted butter.

Stir the cream of tartar into the flour with the salt. Beat the eggs lightly. Dissolve the soda in a little hot water. Mix all together. Have the waffle irons hot, rub with butter, pour in the batter and fry.

PART XIII.

PRESERVES.

Preserved Quinces. (142.)

Quinces.

Sugar.

Water.

Pare, core, and quarter the fruit. Boil in clear water until tender but not broken. Take out the fruit carefully and throw away the water. Make a syrup by taking half a pound of sugar to each pound of fruit, and one pint of water to every three pounds of sugar. When the syrup is boiling hot put in the fruit and let it cook as slowly as possible for an hour, or more if the fruit does not break. It should then be a bright red colour and the syrup should be jelly-like. Put into glass jars and cover tightly.

Quince Marmalade. (143.)

Quinces.

Sugar.

Water.

Pare, core and quarter the quinces. Simmer the skins and cores in a saucepan by themselves with just enough water to cover them. When all the goodness is extracted from these, strain off the water ; when it is almost cold, pour it over the quinces in the preserving pan and boil them, stirring and crushing the

fruit with a wooden spoon until soft. Then stir in three-quarters of a pound of sugar to each pound of fruit. Boil ten minutes longer, stirring constantly. Put up in tightly sealed glass jars.

Pickled Peaches. (144.)

Ten pounds of peaches.

Four and a half pounds of sugar.

One quart of vinegar.

One ounce of mace and cinnamon mixed.

One ounce of cloves.

Pare the peaches, and let them lie in the sugar for an hour ; drain off the juice and put it on to boil with a cup of water. Boil until the scum ceases to rise. Skim ; put in the fruit and boil for five minutes. Take out the peaches and spread upon dishes to cool. Add the vinegar and spices to the syrup. Boil fifteen minutes longer and pour over the fruit in glass jars. Stick a clove in each peach.

Brandied Peaches. (145.)

Four pounds of peaches.

Four pounds of sugar.

One pint of best brandy.

Peel the peaches. Make a syrup of the sugar and enough water to dissolve it. Let this come to a boil ; put the fruit in, and let it boil for five minutes.

Remove the peaches carefully, and let the syrup boil for fifteen minutes longer until it thickens. Add the brandy, and take at once from the fire. Pour the hot syrup over the fruit after it is in the glass jars.

PART XIV.

CANDIES.

Chocolate Caramels. (146.)

Two cups of sugar.
Half a cup of molasses.
Half a cup of milk.
One ounce of butter.
Two ounces of unsweetened chocolate.
One teaspoonful of essence of vanilla.

Boil all these ingredients together for fifteen minutes, stirring constantly. Then try a few drops in cold water. If it hardens the caramels are done, and may be taken from the fire : if not, continue boiling for a short time longer.

When cooked sufficiently, remove from the fire and beat steadily until beginning to cool. When almost cold add the vanilla and pour out into a buttered tin to the depth of half an inch.

Before the caramels are quite hard mark into squares with a knife.

Vanilla Caramels. (147.)

Two cups of sugar.
One cup of milk.
A quarter of a teaspoonful of cream of tartar.
One teaspoonful of essence of vanilla.

Boil all together for twenty minutes, excepting the flavouring, which should be added after removing from

the fire. Turn them out into a tin very lightly buttered. Before they harden, mark out into neat squares with a knife.

Walnut Creams. (148.)

One pound of walnuts.
One egg (white only).
One tablespoonful of water.
One pound of icing sugar.
Vanilla to flavour.

Add the water to the white of the egg. Stir in sufficient of the sugar to make a very stiff paste. Flavour with vanilla. Mould with the fingers into round balls the size of a small walnut. Have your nuts carefully cracked without breaking the kernels, and when you have formed the balls, press half a nut on each side. Leave them several hours in a cool place to harden.

The creams may be varied by adding a few drops of coffee essence to the mixture instead of vanilla.

Salted Almonds. (149.)

Almonds.
Salt.
Butter.

Blanch the almonds by pouring boiling water on them, leaving them for a few seconds, when the skins may be easily removed by rubbing with a cloth. Put them in a saucepan with some salt, and set them in the oven until they are hot; remove the saucepan from the oven, add a small piece of butter to the almonds, and shake them over the fire until they are a pale brown, taking care they do not burn.

Chocolate Creams. (150.)

The white of one egg.

Icing sugar.

Vanilla.

Two ounces of unsweetened chocolate.

To the white of one egg add an equal quantity of water. Stir into this a pound of icing sugar. Flavour with vanilla, or any other flavouring if preferred. Mould with the fingers into round or cone-shaped forms.

Have ready some unsweetened confectioner's chocolate, melted in a basin set inside another basin of boiling water. When the chocolate is melted, take the creams, one at a time, on a silver fork, and roll them in the chocolate. Slip them from the fork upon waxed paper, and leave them a few hours to harden.

Peppermint Creams. (151.)

Two and a half cups of sugar.

One cup of milk.

One teaspoonful of essence of peppermint.

Boil the sugar and milk for four minutes. Remove from the fire, and add one teaspoonful of essence of peppermint, or peppermint liqueur. Beat steadily until it will harden when dropped on waxed paper. Drop it on, a teaspoonful at a time, as quickly as possible. If the last sugars in the saucepan, put it over the fire again for a few moments.

PART XV.

CHAFING-DISH RECIPES.

No American cook-book could possibly be complete without any mention of the chafing-dish.

For the benefit of the uninitiated it may be explained that this is a revival of the primitive form of cookery known under that name several centuries ago. The chafing-dish of 1896, however, would hardly be recognised as having any connection with its ancient relative. The little article which bears that name to-day is a prettily shaped, shallow, nickel plated saucepan, which rests in a frame supporting it over a powerful spirit burner. The saucepan is set in a receptacle for holding boiling water, which is always used in cooking anything of a nature to burn easily. It stands on the dining-table itself, and is capable of cooking anything which does not require baking or grilling, but is naturally more suited for preparing dishes which do not require long in cooking.

In the United States almost every household now possesses a chafing-dish. It started its career of usefulness on the tables of the wealthy classes, who looked on it as an amusement and used it for preparing Epicurean little suppers, impromptu luncheons, or *after-dinner* savouries, into the composition of which

entered wines, liqueurs, and other expensive ingredients. Gradually, as its merits became known, it made its way into all classes of society.

Its uses are quite numberless. On the breakfast table it is as welcome as at supper time, being unrivalled for the preparation of eggs—eggs scrambled, fricasseed, fried, and poached; eggs with tomatoes, mushrooms, and curried; all kinds of omelettes—sweet, plain, soufflé, savoury—cheese, ham, and so on. These may all be prepared on the breakfast table itself, without trouble or fatigue, and served hot and fresh, which is so impossible when they have to be brought from the kitchen, and when, as in most houses, the breakfast hour is a little uncertain.

Where there is a chafing-dish at hand, that dreaded word “remains” loses all its terror, for by its aid may be prepared various appetising sauces, in which may be heated the meat, poultry, or fish. For little suppers after the theatre and so on, it provides not only amusement, but a savoury hot dish, without the necessity of the cook sitting up to prepare it. It is also most useful for supplementing the usual chilly Sunday evening supper.

In the United States the art of chafing-dish cookery is as fashionable among the male members of the household as the female, and many society men are expert “chafing-dish chefs.”

It is a good plan to stand the chafing-dish on a small metal tray covered with a little ornamental d'oyley, as this prevents accidents to the tablecloth. All the ingredients for the dish in hand should be previously prepared—meat chopped, eggs beaten, and cheese grated—and placed in little fancy basins or

plates, ready to hand on a second little tray, with the seasoning, matches, and a wooden or silver spoon for stirring.

The few recipes given here for chafing-dish cookery may of course be varied and added to, in numberless different ways which will at once suggest themselves to everyone according to individual tastes. Fried bananas, omelette, scrambled eggs, chicken livers and bacon, and creamed potatoes, are all chafing-dish favourites, for which recipes have been previously given, so they will not be repeated.

Welsh Rarebit. (152.)

Half a pound of cheese.
Half an ounce of butter.
A saltspoonful of dry mustard.
A pinch of cayenne pepper.
Two tablespoonfuls of ale or milk.

Melt the butter in the chafing-dish ; shave the cheese off in thin slices ; when the butter is melted, add the cheese and seasoning ; last of all the ale.

When the cheese is all melted, serve at once on hot buttered toast.

Fricasseed Eggs. (153.)

Two tablespoonfuls of butter.
One tablespoonful of flour.
A sprig of parsley (finely chopped).
Half-a-dozen button mushrooms (cut in dice).
Half a pint of white veal or chicken stock, or milk if this be not procurable.
Six hard-boiled eggs cut in slices.
Salt and white pepper.

Put the butter into the chafing-dish, when melted

add the flour, stirring constantly, then the parsley, mushrooms, stock and seasoning. Allow these ingredients to simmer together for five or ten minutes. Add the eggs to the sauce, boil up once and serve.

Curried Eggs. (154.)

Two tablespoonfuls of butter.
Two small onions (minced).
Two dessertspoonfuls of curry powder.
Two tablespoonfuls of flour.
Half a pint of veal or chicken stock.
Two tablespoonfuls of cream.
Six hard-boiled eggs cut in slices.

Put the butter and onion into the chafing-dish, and cook till they begin to brown; stir in the curry powder, add the flour, stirring quickly, then the stock or a tablespoonful of beef fluid dissolved in boiling water. Simmer the mixture for ten minutes; add the cream and eggs. When hot, serve at once.

Scrambled Eggs with Tomatoes. (155.)

Scrambled eggs made by Recipe No. 57.
Half a tin of tomatoes, or one pound of fresh ones.
Pepper and salt.
Buttered toast.

Peel the tomatoes, stew them till tender, and season with pepper and salt. Scramble some eggs in the chafing-dish as described in Recipe No. 57, and when they are cooked add the stewed tomatoes. Stir them lightly together and serve at once, very hot, on buttered toast, or plain if preferred.

Finely-minced ham or chopped mushrooms may be used instead of the tomatoes if wished.

Lobster à la Newburg. (156.)

Two pounds of lobster after it is opened.
One tablespoonful each of sherry and brandy.
One gill of cream.
Two eggs (yolks only).
Two tablespoonfuls of butter.
Salt and cayenne pepper.

Heat the lobster in the chafing-dish with the butter ; add the other ingredients ; season, and last of all, when thoroughly hot, add the beaten yolks of the two eggs. Serve at once.

Shrimps, prawns, or crabs may be substituted for the lobster.

Oysters à la Newburg. (157.)

Three dozen oysters.
One gill of cream.
One tablespoonful of flour.
Two ounces of butter.
Three hard-boiled eggs (yolks only).
Salt and cayenne pepper.

Put the butter in the chafing-dish, add the flour, and stir till smooth. Rub the yolks of the eggs with a little cream and add them to the mixture ; then the cream, seasoning, and last of all the oysters. Cook for five minutes and serve at once.

Oysters à la Maître d' Hôtel. (158.)

Two dozen oysters.
One tablespoonful of butter.
The juice of half a lemon.
One tablespoonful of finely-chopped parsley.
Salt and pepper.

Wash and drain the oysters. Put them in the chafing-dish with the butter ; stir carefully, and when the edges of the oysters begin to curl, add the lemon juice, parsley, and seasoning. Serve at once on slices of hot buttered toast.

Oyster Stew. (159.)

Two dozen oysters and their liquor.

One pint and a half of milk.

A tablespoonful of flour.

A tablespoonful of butter.

Salt and white pepper.

Put the milk in the chafing-dish ; when hot add the flour rubbed smooth in a little cold milk. Cook for five minutes. Add the butter and seasoning. Last of all add the oysters, and their liquor, which latter should be scalded and skimmed. Cook the stew for five minutes after adding the oysters.

Oysters Fried in Batter. (160.)

Two dozen oysters.

Two eggs.

Two tablespoonfuls of milk.

One tablespoonful of flour.

One tablespoonful of butter.

Salt.

Make a batter with the eggs, milk, flour, the strained liquor which came from the oysters, and a pinch of salt. Dry the oysters carefully with a towel, and dip them in the batter.

Melt the butter in the chafing-dish, and when it is hot and bubbling, put in the oysters and fry till brown.

Fricasseed Chicken. (161.)

A cold boiled fowl.
One gill of milk.
One gill of chicken stock.
One tablespoonful of flour.
Two tablespoonfuls of butter.
Salt and white pepper.

Cut a small cold boiled fowl, or the remains of a large one, into neat joints.

Put the butter into the chafing-dish, and when it is hot stir the flour smoothly into it; add the milk, and a gill of the water in which the chicken was boiled; season with salt and pepper, and cook for five minutes. Lay in the pieces of chicken, and simmer until thoroughly hot.

A few chopped button mushrooms are an improvement to this dish.

Chicken Rissoles. (162.)

Two cupfuls of finely minced cold chicken.
Half a cupful of breadcrumbs.
Two eggs.
One teaspoonful of chopped parsley.
One teaspoonful of lemon-juice.
White sauce.
Salt and pepper.
One tablespoonful of butter.
Flour.

Mix together the finely minced chicken, the breadcrumbs, parsley, lemon-juice, well-beaten eggs, and seasoning. Moisten the mixture with sufficient white sauce so that it can be formed with the hand into small flat cakes. Melt the butter in the chafing-dish, and when it is very hot, roll the cakes in flour, and fry them until they are brown on both sides.

Réchauffé of Roast Beef. (163.)

Some slices of cold roast beef, underdone if possible.

One tablespoonful of butter.

Three tablespoonfuls of red-currant jelly.

A wineglassful of sherry or Madeira.

Salt and cayenne.

Put the butter and the currant jelly in the chafing-dish, when melted add the wine, a pinch of cayenne, and the salt. When this sauce is thoroughly hot, add the beef cut in small, neat, rather thick slices. Heat it through, but do not let it boil.

Réchauffé of Fish. (164.)

Some cold boiled white fish—halibut, turbot, or cod.

Two tablespoonfuls of butter.

One cup of fine breadcrumbs.

Two eggs.

Two tablespoonfuls of milk.

One teaspoonful of anchovy paste.

A pinch of cayenne pepper.

Put the butter into the chafing-dish, when melted add the fish shredded into small pieces; then the breadcrumbs, eggs, milk, anchovy paste, and cayenne. Stir constantly, and let it simmer for five or ten minutes.

Réchauffé of Salt Codfish. (165.)

One pound of cold boiled salt codfish.

Two tablespoonfuls of butter.

One tablespoonful of flour.

One gill of cream.

Pepper.

Melt the butter in the chafing-dish; when it is hot and bubbling, stir the flour smoothly in; add the cream, and season with pepper. Free the fish from skin and bone, shred it into small pieces, and put it into the sauce. Simmer for ten minutes and serve at once.

Tomato Soufflé. (166.)

One tin of tomatoes or one pound of the fresh fruit.

Four eggs slightly beaten.

Two tablespoonfuls of butter.

Salt and pepper.

Peel the tomatoes, and cut them into small pieces. Put them in the chafing-dish, and cook for ten minutes. Add the butter and seasoning, and last of all the eggs. Heat the mixture through, and serve at once.

Creamed Spinach. (167.)

Spinach.

One tablespoonful of butter.

Three tablespoonfuls of cream.

Salt and pepper.

Have ready some spinach, which has been washed, boiled, and rubbed through a colander.

Melt the butter in the chafing-dish, put in the spinach, season it with salt and pepper. When it is hot, stir in the cream. Serve when heated through.

Pommes Frites. (168.)

Some soft, good, cooking apples.

A tablespoonful of brandy.

A tablespoonful of lemon juice.

Caster sugar.

Flour.

Three tablespoonfuls of butter.

A little cinnamon.

Peel the apples, remove the seeds, cut in round slices one-third of an inch thick. Soak them for half an hour in the brandy, lemon juice and sugar. Drain them, and dust with flour.

Put the butter in the chafing-dish, and when very hot fry the slices till brown on both sides. Sprinkle with sugar and powdered cinnamon, and serve hot.

Potatoes Sauté. (169.)

Six cold boiled potatoes.

One tablespoonful of butter.

One tablespoonful of chopped parsley.

Salt and pepper.

Melt the butter in the chafing-dish, and when it is hot put in the potatoes; sprinkle them with the chopped parsley, and season them with salt and pepper. Fry for ten minutes, and serve hot.

Pain Sauté. (170.)

A slice of tin loaf three-quarters of an inch thick.

Two tablespoonfuls of butter.

Two tablespoonfuls of finely minced ham.

Two tablespoonfuls of grated cheese.

One gill of cream.

Cayenne pepper.

Cut the crust from the bread, put the butter in the chafing-dish, and when very hot lay the bread in it, and fry till brown on both sides. Take it out, and put in the cream, ham, cheese, and a pinch of cayenne. Stir together until very hot, and spread the mixture on the toast.

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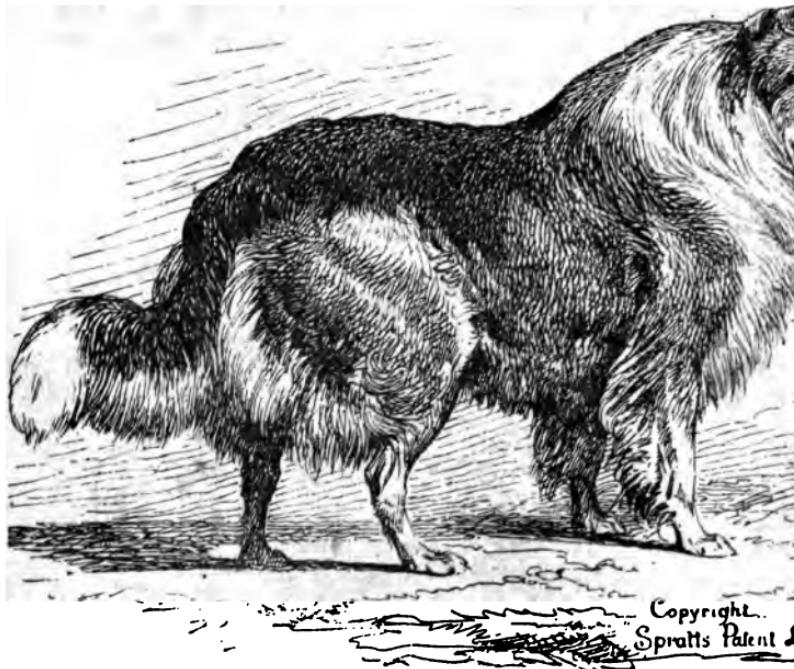
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